

707-525-0383 - En español: 707-525-0143 EXT 134

FOR ANSWERS TO YOUR NUTRITION QUESTIONS CALL 707-525-0143  
EXT 130 All Other Questions and Comments Call: 707-525-0383



Monthly Menu April 20

Choice 4 - Diabetic friendly & Heart Frien

Cancellation Policy: If you need to cancel your meal delivery you must do so no later than noon the day before you plan to be away - Menus subject to change without notice.

					Saturday	Sunday
					Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	
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2 DF & HF Beef Broccoli Str-fry Milk 1% - 1/2 Pint Orange Wheat Roll	3 DF & HF Grilled Pork Tenderloin Mustard Sauce Grilled Vegetables Milk 1% - 1/2 Pint Fruit Salad Wheat Roll	4 DF & HF Baked Fish & Lemon Dill sauce, Potatoes, and Broccoli Kiwi Milk 1% - 1/2 Pint Wheat Roll	5 DF & HF Chicken Picatta Rice & Veg. Milk 1% - 1/2 Pint Banana Wheat Roll	6 DF & HF Beef Stew w. Root Vegetable & Polenta Milk 1% - 1/2 Pint Fruit Wheat Roll	7	8
9 DF & HF Pork Verde Black beans & Corn Milk 1% - 1/2 Pint Banana Wheat Roll	10 DF & HF Grilled Pollack with Salsa Milk 1% - 1/2 Pint Pineapple Cup Wheat Roll	11 DF & HF Chicken Cacciatore & Vegetable Milk 1% - 1/2 Pint Orange Wheat Roll	12 DF & HF Barley Beef and Vegetable Stew Milk 1% - 1/2 Pint Orange Wheat Roll	13 DF & HF Turkey Meat Loaf & Spinach Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup Wheat Roll	14	15
16 DF & HF Quinoa, Tofu & Black Beans Milk 1% - 1/2 Pint Orange Wheat Roll	17 DF & HF Chicken Picatta Rice & Veg. Milk 1% - 1/2 Pint Fruit Wheat Roll	18 DF & HF Beef & Blackbean Sauce Milk 1% - 1/2 Pint Fruit Salad Wheat Roll	19 DF & HF Salmon Curry, Veg Bowl Milk 1% - 1/2 Pint Tangerine Wheat Roll	20 DF & HF Salisbury Chicken/Peppers & Spinach Milk 1% - 1/2 Pint Fruit Wheat Roll	21	22
23 DF & HF Swiss Turkey Stew Milk 1% - 1/2 Pint Kiwi Wheat Roll	24 DF & HF Thai Beef Bowl Milk 1% - 1/2 Pint Fruit Salad Wheat Roll	25 DF & HF Grilled Chicken with Cous Cous & Salsa Milk 1% - 1/2 Pint Orange Wheat Roll	26 DF & HF Beef Broccoli Str-fry Brown Rice Pilaf Fruit Milk 1% - 1/2 Pint Wheat Roll	27 DF & HF Pork Verde Black beans & Corn Milk 1% - 1/2 Pint Fruit Salad Wheat Roll	28	29

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30 DF & HF Beef Broccoli Str-fry Stewed Carrots Milk 1% - 1/2 Pint Pineapple Cup Wheat Roll						
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Notations: <> = Entree Is High In sodium

